

# Forest of Dean SC



## Timetable

### Training 1

Monday	18:30-19:30	Swim	Lydney
Wednesday	18:00-19:00	Swim	Cinderford
Friday	18:00-19:00	Swim	Cinderford
	18:00-19:00	Swim	Lydney

### Training 2

Monday	18:30-19:30	Swim	Lydney
Wednesday	18:00-19:00	Swim	Cinderford
Friday	18:00-19:00	Swim	Cinderford
	18:00-19:00	Swim	Lydney

### Competition 1

Monday	18:00-19:00	Swim	Cinderford
Thursday	18:00-19:00	Swim	Lydney
Friday	18:45-19:00	Pre-Pool	Lydney
	19:00-20:00	Swim	
Sunday	9:15-9:30	Pre-Pool	Cinderford
	9:30-10:30	Swim	

### Competition 2

Monday	18:00-20:00	Swim	Cinderford
Wednesday	18:45-19:00	Pre-Pool	Cinderford
	19:00-20:30	Swim	
Friday	18:45-19:00	Pre-Pool	Lydney
	19:00-20:00	Swim	
Sunday	10:15-10:30	Pre-Pool	Cinderford
	10:30-11:30	Swim	
	11:30-12:30	Land Training	

### Performance 1

Monday	18:45-19:00	Pre-Pool	Cinderford
	19:00-21:00	Swim	
Thursday	18:45-19:00	Pre-Pool	Lydney
	19:00-20:00	Swim	
Friday	18:45-19:00	Pre-Pool	Cinderford
	19:00-20:30	Swim	
Sunday	9:15-9:30	Pre-Pool	Cinderford
	9:30-11:30	Swim	
	11:30-12:30	Land Training	

### Performance 2

Monday	19:45-20:00	Pre-Pool	Cinderford
	20:00-21:00	Swim	
Wednesday	18:45-19:00	Pre-Pool	Cinderford
	19:00-20:30	Swim	
Thursday	18:00-20:00	Swim	Lydney
Friday	18:45-19:00	Pre-Pool	Cinderford
	19:00-20:30	Swim	
Sunday	9:15-9:30	Pre-Pool	Cinderford
	9:30-11:30	Swim	
	11:30-12:30	Land Training	

### Masters

Wednesday	20:30-21:30	Swim	Cinderford
Friday	19:00-20:00	Swim	Lydney
	20:30-21:30	Swim	Cinderford
Sunday	8:30-9:30	Swim	Cinderford

### Competition Club

Wednesday	18:45-19:00	Pre-Pool	Cinderford
	19:00-20:00	Swim	
Friday	18:45-19:00	Pre-Pool	Lydney
	19:00-20:00	Swim	
Sunday	9:15-9:30	Pre-Pool	Cinderford
	9:30-10:30	Swim	

### Performance Club

Monday	19:45-20:00	Pre-Pool	Cinderford
	20:00-21:00	Swim	
Thursday	18:45-19:00	Pre-Pool	Lydney
	19:00-20:00	Swim	
Sunday	9:15-9:30	Pre-Pool	Cinderford
	9:30-10:30	Swim	

